

OSU FOLK DANCE CAMP 1978

SEN POLSKA FRÅN TORP (Medelpad)

Slow polska from Torp

Couples in an open circle, which moves CCW.

MUSIC Slow polska (3/4) meter from Medelpad played in 16th notes.

Count 1-and, 2-and, 3-and.

POSITIONS The whole dance is danced in polska position.

STEPS 1) Introduction step: During these steps the outside foot is kept pointed in the line of direction and the inside foot perpendicular to the outside foot. Both take one step in the line of direction with their outside foot (1). The inside foot is then brought forward, dragging along the floor, and is put down slightly in front of the outside foot (3).

2) The turn:

Woman: Take small steps in place, keeping the right foot in front of the left foot. On (1-and, 2) take small steps - right, left, right- while pivoting CW one half turn. On (3) take a long step backward with the left foot in the line of direction and then pivot on the ball of the left foot one more half turn. The right foot should at all times be in front of the left foot and between the man's feet.

Man: Use the main polska step, but the pivot on (2-and) should be done on both heels, and then on (3) put down the ball of both feet on the floor.